



## News and Information for SHBP Employee Benefit Coordinators

*Welcome to our e-newsletter for SHBP Benefit Coordinators in payroll locations throughout Georgia. Each month, we'll provide benefit news and information to help you assist SHBP Members in your organization. We welcome your feedback and feel free to send any comments or questions to [SHBPnews@dch.ga.gov](mailto:SHBPnews@dch.ga.gov).*

### AGENCY CONSTANT CONTACT UPDATES

The Agency Constant Contact listing is used as the master communication list, which SHBP utilizes to send out important monthly communications. The listing is developed from agency email addresses provided on the SHBP View Direct Access Agreements, as well as individual requests to be included on the SHBP Agency Email Distribution List. SHBP wants to effectively communicate with its membership; therefore it is vital for all agencies to update their contact information with their dedicated Administrative Solutions Team (AST) Work Group.

With the implementation of the monthly SHBP Newsletter for Benefits Coordinators, agency communications have been consolidated thereby eliminating multiple communication media and senders. Monthly issues of the SHBP Newsletters for Benefit Coordinators are also posted on the SHBP website at <http://dch.georgia.gov/benefit-coordinators>.

### NOT RECEIVING EMAILS?

If you are having issues receiving emails from ADP or SHBP, the emails may not be getting through your internal agency servers. To eliminate this issue, please contact your Information Technology (IT) staff for the removal of any firewalls preventing the receipt of these emails and also 'whitelist' ADP and SHBP.

### SHBP ENROLLMENT PORTAL UPDATE: MARRIAGE QUALIFYING EVENT

Effective July 1, 2016, the effective date of coverage for new dependent(s) due to a Marriage Qualifying Event (QE) will be the first day of the month after the marriage event (date of marriage). This QE also allows for change in Plan and Tier Options.

Employees may receive eligibility assistance by contacting SHBP Member Services at 800-610-1863, Monday through Friday from 8:30 a.m. to 4:30 p.m. ET. Questions or concerns from payroll location Benefit Coordinators should be directed to SHBP Employer Support at 800-610-1863; when prompted, select 'administrative solutions', Monday through Friday, 8:30 a.m. to 5:00 p.m., ET.

### BLUE CROSS AND BLUE SHIELD OF GEORGIA

Our SpecialOffers Program for Blue Cross and Blue Shield of Georgia State Health Benefit Plan Members

Saving money is good. Saving money on things that are good for you - that's even better. With our SpecialOffers Program, you can get discounts on products and services that help promote better health and well-being.\* It's just one of the perks of being a member. To find the discounts that are available to you, log in to [bcbsga.com/shbp](http://bcbsga.com/shbp), select the Health and Wellness tab and select Discounts.

\*The SpecialOffers Program is just one of the perks of being a BCBSGa member. All discounts are subject to change without notice.

## United Healthcare (UHC)

### Why Do Men Skip Health Tests?

Women live 5.1 years longer on average than men. Could the male tendency to avoid doctors have anything to do with it?

### The Difference Between Men and Women

It's a fact that women are quicker to see a doctor when they develop symptoms. In contrast, men are more likely to ignore symptoms and hope they go away. Often, by the time a man sees a doctor, his symptoms may be severe and harder to manage or treat.

Men are 24 percent less likely than women to have visited a doctor in the past year, according to recent U.S. government statistics. For an African American or Hispanic male, the odds of having seen a doctor are even lower. Ditto for men ages 18 to 44.

Could men's avoidance of doctors and routine checkups have anything to do with them having a shorter life span than women?

To read the full article and learn more about the essential screenings for men, please [click here](#).

**If you have questions about your health, please call your UHC Customer Care Advocate 888.364.6352**

## KAISER PERMANENTE (KP)

Create a culture of health with our food policy toolkit

Most employees eat at least one meal during work.

With our **Healthy Eating** toolkit, you can take a fresh approach to healthy eating at work and improve your team's well-being.

[GET MORE INFORMATION](#) | [DOWNLOAD THE TOOLKIT](#)



### Men's Health

In June, Kaiser Permanente focuses on men's health. We are sharing the **Men's Health** online guide with members. It is packed with facts, tips from our medical professionals, and simple ways to live healthier. [EXPLORE THE ONLINE GUIDE](#)

Healthier living rewarded

As your partners in health, we're committed to keeping your employees healthy. We offer a wealth of tools and [a wellness plan incentive program](#) that empowers them to take an active role in their own health, and we encourage employees to start living healthier by completing four simple steps:

1. Taking the online [Total Health Assessment](#)
2. Completing a biometric screening at a Kaiser Permanente office
3. Completing age and gender appropriate preventive screenings
4. Completing an [online healthy living program](#)

## HEALTHWAYS - BE WELL SHBP

Men, bring your well-being up to speed.

June is National Men's Health Month. Challenge yourself (or the men in your life) to make well-being a priority. Early detection and prevention matter, so carve out time for habits that help your health. Men, aim to master these preventive health practices. Women, cheer on your fathers, husbands and sons to keep them on track.

These men's health basics will have you feeling great in no time.

1. **Regular check-ups** | Get check-ups and screenings for colon and heart health.
2. **Physical activity** | Exercise 2.5 hours each week plus muscle-strengthening activities.
3. **Healthy eating** | Eat more fruits and veggies and less sugar, salt, fat and alcohol.
4. **Good sleep** | Aim for seven to eight hours of sleep each night.

Bookmark [www.BeWellSHBP.com/resources](http://www.BeWellSHBP.com/resources) so you can quickly locate Be Well SHBP well-being program information and tools.

## DEPARTMENT OF COMMUNITY HEALTH ON SOCIAL MEDIA

Did you know you can access the latest SHBP news and updates via Facebook and Twitter?

The Georgia Department of Community Health (DCH) frequently posts agency news and updates, including news on SHBP and the Be Well SHBP wellness incentive program, on its social media channels. Be sure to join the conversation!

Follow DCH on Facebook at <https://www.facebook.com/gadept.communityhealth> and Twitter at <https://twitter.com/GADCH> for the latest SHBP news and updates today.

## RESOURCES/CONTACT INFORMATION

VENDOR	MEMBER SERVICES	WEBSITE
<b>Medical - Blue Cross Blue Shield of Georgia ( BCBSGa)</b>  Member Services  Hours: 8 a.m. - 8 p.m. ET; Monday - Friday	855-641-4862	<a href="http://www.bcbsga.com/shbp">www.bcbsga.com/shbp</a>
<b>Medical - UnitedHealthcare</b> Member Services: Monday through Friday, 8 a.m. to 8 p.m. ET	888-364-6352	<a href="http://www.welcometouhc.com/shbp">www.welcometouhc.com/shbp</a>
<b>Medical - Kaiser Permanente</b> Member Services 24 hours a day/7 days a week (Appointment Scheduling, Prescriptions and Nurse Advice) KP Wellness Program Hours:	855-512-5997	<a href="http://www.my.kp.org/SHBP">www.my.kp.org/SHBP</a>

Monday through Friday, 7 a.m. to 7 p.m. ET		
<b>Wellness - Healthways</b>  Member Services Hours: 8 a.m. - 8 p.m. ET; Monday - Friday	888-616-6411  <i>Medicare Advantage (MA) plan members are ineligible for participation in Be Well SHBP.</i>	<a href="http://www.BeWellSHBP.com">www.BeWellSHBP.com</a>
<b>Pharmacy - ExpressScripts</b>  Member Services Hours: 24 hours a day / 7 days a week	877-841-5227  <i>The pharmacy benefit for Medicare Advantage (MA) plan members is provided through UnitedHealthcare, not ExpressScripts. Contact UnitedHealthcare at 877-246-4190.</i>	<a href="http://www.express-scripts.com/GeorgiaSHBP">www.express-scripts.com/GeorgiaSHBP</a>
<b>SHBP Call Center</b>  Hours: 8 a.m. - 5 p.m. ET; Monday - Friday	800-610-1863  <i>(listen to the prompts, and choose employer services)</i>	<a href="http://www.mySHBPga.adp.com">www.mySHBPga.adp.com</a>
<b>ADDITIONAL INFORMATION</b>	<b>MEMBER SERVICES</b>	<b>WEBSITE</b>
<b>Centers for Medicare &amp; Medicaid (CMS)</b>  24 hours a day / 7 days a week	800-633-4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
<b>TRICARE Supplement</b>	866-637-9911	<a href="http://www.asicorporation.com/ga_shbp">www.asicorporation.com/ga_shbp</a>
<b>PeachCare for Kids®</b>	877-427-3224	<a href="http://www.peachcare.org">www.peachcare.org</a>